



The Journal

Vol. 29

No. 29

www.dcmilitary.com/journal/

July 20, 2017

NSAB Security Department Holds Car Wash



U.S. Navy photo by MC2 William Phillips



Exercise
Tips for
Summer

- Page 2



NSAB
Completes
Cleanup Efforts

- Page 3



Public Health
Service Birthday
Celebrated

- Page 4

Be Your Summer Best With Exercise, Good Nutrition

By Travis Combest and Robert Goldberg
WRNMMC Outpatient Nutrition Services

Summer is in full swing, which can mean longer days and nights filled with great activities for health and fitness. Here are a few tips to help you look and feel your summer best.

Aerobic activity should be done at least three to five days a week for a minimum of 30 minutes per session for good fitness. Aerobic activities include running, swimming, biking, and the use of elliptical equipment. To gain the most benefits from an aerobic activity, you should do it to the point at which you are breathing hard, but you are still able to carry on a conversation.

Muscle conditioning is also important for good health and fitness. Toned muscles are important for lifting, hiking, climbing and other activities. Muscle conditioning can not only help you look good, but also with lean muscle mass, more calories are burned at rest. Conditioning that focuses on major muscle groups (chest, back, abdominals, legs and shoulders) should be done at least two days a week on opposite days.

Proper nutrition is just as important as exercise to good health and fitness. Tracking food intake is a good way to help ensure extra calories don't sneak into your diet. There are many websites and free phone



WRNMMC FILE PHOTO

Travis Combest, exercise physiologist at Outpatient Nutrition Services at Walter Reed National Military Medical Center, demonstrates the proper technique for lifting weights.

apps to help track food intake, but generally, a good, basic diet should include at least three meals a day with a non-starchy vegetable (broccoli, salad, asparagus, peppers, etc.) at lunch and dinner every day. Also, try to eat two to three servings of fresh fruit per day, and two to three low-fat dairy products every day. Try to limit

fats, oils and sweets in your diet, and if you must include them, do so in moderation and in small portions.

For more exercise advice, contact Travis Combest, exercise physiologist at 301-400-2703. For nutrition information, contact Robert Goldberg, registered dietitian at 301-400-2704.

Bethesda Notebook

Drug-free Workplace Training

All GS civilian employees who have not attended Drug-Free Workplace Training are required to attend one of the sessions scheduled for July 18 in Memorial Auditorium from 7 to 7:30 a.m., 10 to 10:30 a.m., 1 to 1:30 p.m., or 3 to 3:30 p.m. For more information, contact Andrea Calizo at 301-319-4572 or Monte Clingerman at 301-295-0308.

Pre-retirement Seminars

Two-day pre-retirement seminars, open to Walter Reed National Military Medical Center's Department of Defense GS employees planning to retire within the next five years, are scheduled for July 26-27, and Aug. 22-23. Pre-registration is required. Registration forms are available on the National Capital Region, Medical Directorate MD website: www.capmed.mil/, and on the WRNMMC and Fort Belvoir Community Hospital banners.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include job search strategies for military spouses, federal resume writing, time management, credit management, consumer financial awareness, interview skills, pre-deployment briefings, return and reunion briefings, and more. For more information, call 301-319-4087, or visit FFSC in Building 11, first floor.

On the Cover:

Sailors and civilians from the Naval Support Activity Bethesda (NSAB) Security Department held a free car wash on base July 13. The car wash gave the NSAB Security Department a chance to talk about safety issues while their car was being washed. Photo by MC2 William Phillips

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex,



national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones	NSA Bethesda
Public Affairs Officer: Jeremy Brooks	Fleet And Family Support Center 301-319-4087
Public Affairs Office: 301-295-1803	NSAB Emergency Info 301-295-6246
	NSAB Ombudsman
	Dedra Anderson 301-400-2397
	NSAB Chaplain's Office 301-319-4443
	301-319-4706
	Installation SARC
	Priscilla DePinto 301-400-2411
	Troop Command SARC
	Rosemary Galvan 301-319-3844
	SARC 24/7 301-442-2053
	SAPR VA 24/7 Helpline 301-442-8225

Journal Staff

Managing Editor	MC2 William Phillips
WRNMMC Editor	Bernard Little
Writers	MC2 Kevin Cunningham
	Andrew Damstedt
	Kalila Fleming
	Megan Garcia
	Joseph Nieves
	AJ Simmons

NSAB Celebrates Environmental Cleanup Milestone

By Andrew Damstedt
The Journal

At a ceremony held July 14, Naval Support Activity Bethesda (NSAB) marked the completion of a years-long effort ensuring the base has properly cleaned up hazardous chemicals as required by the Resource Conservation Recovery Act.

Officials from NSAB, the Environmental Protection Agency (EPA) and contractors who worked on the various projects over the years attended the event.

In an interview before the event, Paul said military bases in the region pre-date most environmental laws, such as the Clean Water Act, and it was “totally normal and acceptable to bury stuff in the woods or just discharge it down the drain; nobody thought that was a problem.”

To undo some of that, the EPA issued a corrective action permit, which included 30 sites that had to have some action taken, whether it was just investigating to make sure the issue had been resolved properly or finding an acceptable way to clean up the site.

The last cleanup site was signed off by the EPA in January and the corrective action permit was completed in May when the EPA determined that no further action was needed on any site, Paul said.

One of the sites that needed work was an area behind Building 17



PHOTO BY MC2 WILLIAM PHILLIPS

Personnel from Naval Support Activity Bethesda (NSAB) Public Works department and the Environmental Protection Agency cut a cake with NSAB Commanding Officer Capt. Marvin L. Jones during a cake cutting ceremony July 14.

that needed to be cleaned up before any construction on expanding the building could be started. Paul said the area had research buildings there previously which used to use chemicals such as mercury.

“At the time, their disposal method included burying things in the woods

and some of their research included hazardous chemicals,” she said. “Now we have rules for how it leaves the base.”

A corrective action permit usually takes about 30 years to complete, she said, so finishing the permit in 18 years was a big accomplishment. The

corrective action permit is typically renewed every five years and are updated based on the clean-up actions, she said.

“I’m really excited,” she said. “I’ve never actually not got a new permit. We typically have to keep renewing and the new version comes with more [requirements to complete] ... to get a letter saying, ‘Hey, you don’t need another one of those’ is very exciting.”

Another site required finding out whether any hydraulic fuel had spilled from an elevator at the Uniformed Service University of the Health Sciences, she said. Paul said they looked at all the elevators and were able to show that even if there had been a spill, it had been cleaned up and there was no way it could have escaped.

Additionally, a site was cleaned up where warehouses used to sit and the EPA found traces of polychlorinated biphenyls (PCBs), which were used to lubricate mechanical equipment.

“PCBs are toxic for everyone so when we find them we get rid of them and we get rid of them quickly,” she said. “That got cleaned up before I got here and I’m glad that it did.”

Getting the permit signed off now allows for more opportunities on base, such as a stream restoration project Paul wants to start.

“It’s going to allow us to do some really cool stream restoration in the future,” she said. “We’ve already designed it.”

New Device: A Possible Game-Changer on the Battlefield and in Worldwide Medicine

ER-REBOA catheter buying time and saving lives

By Sarah Marshall
USU External Affairs

Born out of necessity on the battlefield, a new device is buying vital time for critically wounded patients, both in combat and in emergency care environments worldwide — vital time that could help save a life.

The device is known as ER-REBOA, or a resuscitative endovascular balloon occlusion of the aorta. It was developed by Air Force Col. (Dr.) Todd Rasmussen, associate dean for Clinical Research at the Uniformed Services University (USU), and Dr. Jonathan Eliason, associate professor of Vascular Surgery at the University of Michigan. From 2004-2007, the two surgeons were assigned together at Lackland Air Force Base in San Antonio and served tours at the military’s level III surgical hospital in Balad, Iraq. During their deployments, they both frequently saw combat trauma patients with critical injuries to the abdomen and pelvis — areas where it can be nearly impossible to control hemorrhaging

to save a patient’s life. While tourniquets helped prevent service members from bleeding to death from wounds to their arms and legs, nothing existed for this part of the body. There was an urgent need for a solution, Rasmussen said, and he was sure there had to be a better way to help these patients.

He and Eliason put their heads together and came up with an approach that wasn’t particularly new, Rasmussen explained. Their idea was similar to the concept of a common endovascular procedure, cardiac catheterization, which is used to help treat a blocked artery or an aneurism by threading a long, thin tube — a catheter — through a small incision in the groin, and up through a vein or artery.

The two surgeons contrived a similar catheter with a small balloon at the end that is inserted through a two- to three-millimeter incision near the groin, guided up through the femoral artery, into the aorta. The balloon is then positioned to the desired level of the aorta and inflated with saline, blocking the aorta, and cutting off circulation to the legs and pelvis, while still allowing blood to flow normally to the brain, heart, lungs and other vital organs. This creates what could be described as an “internal tourniquet,”

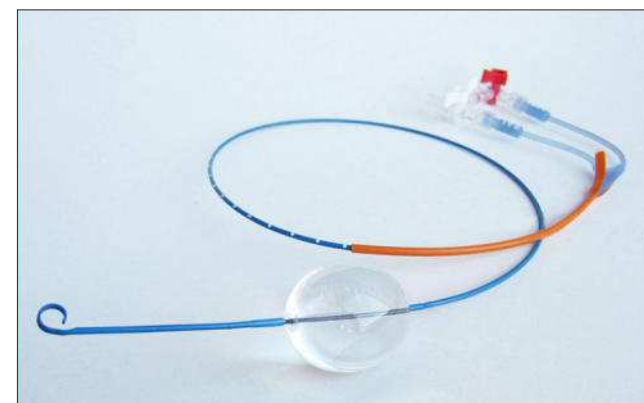


PHOTO COURTESY PRYTIME MEDICAL DEVICES

A new device, known as ER-REBOA, is buying vital time for critically wounded patients as it creates an “internal tourniquet” that helps temporarily stop severe blood loss in the pelvic and abdomen area.

Rasmussen said. This helps temporarily stop severe blood loss in the pelvic and abdomen area, which can allow a patient to stabilize as they begin to receive

See **DEVICE**
Page 4

Walter Reed Bethesda Celebrates Commissioned Corps of the U.S. Public Health Service's 219th birthday

Story and Photo by AJ Simmons
WRNMMC Command Communications

Walter Reed National Military Medical Center (WRNMMC) celebrated the 219th birthday of the Commissioned Corps of the United States Public Health Service June 13 in the rotunda of the hospital's iconic tower at WRNMMC.

The ceremony opened with a performance by the U.S. Health Services Music Ensemble and an introduction by Navy Lt. Cmdr. (Dr.) Micah Sickel.

In his opening remarks, Sickel offered those in attendance a brief history of the founding of the Public Health Service, saying, "On July 16, 1798, the fifth congress passed an act to establish an organization to provide temporary relief and aid to sick and disabled seamen."

Sickel explained that today the Public Health Service contributes to a wide variety of health initiatives, ranging from tobacco control and prevention to responses to natural disasters.

According to the Commissioned Corps of the U.S. Public Health Service's website, "Commissioned Corps officers are involved in health care delivery to underserved and vulnerable populations, disease control and prevention, biomedical research, food and drug regulation, mental health and drug abuse services and response efforts for natural and man-made disasters."

Following Sickel's opening, WRNMMC Director Navy Capt. (Dr.) Mark A. Kobelja introduced the

ceremony's keynote speaker, U.S. Public Health Service Capt. Jeanne Willis-Marsh, the chief of Health Services for the USPHS.

Willis-Marsh, who serves as an advisor to the United States Surgeon General as part of her duties, highlighted the dynamic nature of service members in the Public Health Service. She explained that those service members bear two roles—that of a health care provider and that of an officer in the military.

"As we celebrate our long and industrious history, remember our oath to protect, promote, defend and advance the health and safety of the nation on this day and the days ahead," said Willis-Marsh.

Additionally, Willis-Marsh highlighted the selflessness of the members of the Public Health Service, saying, "I am proud to say that, regardless of where you are stationed, our [Public Health Service officers] have chosen service over any other type of reward and demonstrate a genuine desire and capacity to serve humanity."

Willis-Marsh explained that the role of the Public Health Service is constantly evolving to address the health concerns of the nation, such as "the rising burden of non-communicable diseases, the obesity epidemic, the opioid crisis, the rise of diabetes and hypertension and additional behavior and health concerns."

Following Willis-Marsh's speech, she was accompanied by Kobelja and others in the ceremonial cutting of the Public Health Service's birthday cake.



U.S. Public Health Service Capt. Jeanne Willis-Marsh, the chief of Health Services for the USPHS, serves as guest speaker during the celebration of the 219th birthday of the Commissioned Corps of the United States Public Health Service June 13 at Walter Reed National Military Medical Center.

DEVICE

From
Page 3

blood products and are transported to a higher level of trauma care – buying them critical time that they might not have had without the device.

"We had the vision for it, and we knew the elements of this approach worked very effectively for certain vascular disease conditions such as coronary artery disease and ruptured aortic aneurysms," Rasmussen said.

In the following years, the surgeons were able to pair up with an entrepreneurial company that helped them create a more refined prototype. With the prototype, they conducted further research, producing data to demonstrate the device's effectiveness, which led to it ultimately being patented jointly by the Department of Defense and the University of Michigan. It received FDA approval in November 2015 and was given the name ER-REBOA; the "ER" stands for "Eliason" and "Rasmussen." It's become commercialized and, for the past year has not only been used in combat, but also in emergency and critical care

environments worldwide. Bringing this to fruition has been a long but exciting journey but, Rasmussen said, their work is not yet complete.

The next steps are to continue researching the device's effectiveness, explained Eliason, who retired from the military in 2007 and has since worked as a vascular surgeon at the University of Michigan. Today, they're conducting clinical studies to help determine which patients the device should be used on, which practitioners are best suited to administer it, when, and for how long. Like a regular tourniquet, he said, it cannot be left on permanently as that can cause damage, so it's important to determine these factors.

Down the road, Rasmussen said he sees the device making an impact not only for trauma patients who are hemorrhaging, but also in post-partum hemorrhaging, during complicated pregnancies, to potentially help save a mother's life during delivery. The device could also help save lives from a heart attack or cardiac arrest, possibly if used in conjunction with CPR, he added.

"We're very excited about the potential of this technology," Rasmussen said.

He credits the efforts of the entire team that worked to help make this possible, including the Department of Defense, the University of Michigan, and the entrepreneurial company.

He went on to say that the project has been rewarding in a different way.

"It allows us to develop a technology that can potentially help hundreds of patients — and that's new to me," he said. And as he's heard from doctors around the world who are interested in using this device, he added, "That's very gratifying on a different level." Rasmussen said it's rewarding to be part of something that may give providers a tool they can use effectively. Trying to save a patient who is losing significant amounts of blood, while looking for ways to control the blood loss is really hard, he said. "I know that personally."

Air Force Maj. (Dr.) Justin Manley also knows firsthand what it's like to be in such a scenario. In July 2016, while deployed as a general surgeon in support of operations in the Middle East, he faced a similar situation receiving a patient in near cardiovascular collapse, which is almost always fatal. He quickly made

the decision to use the device, becoming the first surgeon to use it while in a combat setting. As a result of his actions, the patient survived.

"We were very excited to have the opportunity to be able to use the device because we understood its potential," said Manley, who is assigned to a Special Operations Surgical Team (SOST) in the 720th Operations Support Squadron at Hurlburt Field, Florida. SOSTs deploy far forward into hostile or austere areas to perform life-saving surgeries with little to no support from medical facilities or systems.

During that 2016 deployment, Manley and his team used the device four times. All four patients faced cardiovascular collapse and with the device, all four successfully made it through the operation to the next level of care. Since then, the device has been used three more times on subsequent deployments by SOSTs, with the same effect.

It's remarkable to have an opportunity to give patients another chance at life, he said.

Eliason shared the same sentiments. "If this can save one life, then it will be worth it," he said.

USU Alumnus Nominated as New HHS Assistant Secretary for Preparedness and Response

By Sharon Holland
USU External Affairs

President Donald Trump recently announced his nominees for a number of key administration positions and a graduate of the Uniformed Services University's (USU) F. Edward Hebert School of Medicine is among the candidates.

Dr. Robert P. Kadlec, who graduated in 1983 with a Doctor of Medicine degree and in 1989 with a Master of Tropical Medicine and Hygiene degree from USU, was nominated to be Assistant Secretary of Health and Human Services for Preparedness and Response.

Currently, Kadlec serves as the Deputy Staff Director for the Senate Select Committee on Intelligence.

He spent 26 years as a career officer and physician in the United States Air Force, serving in several senior positions in the White House, the U.S. Senate, and the Department of Defense. He previously worked as the Special Assistant to the President and Senior Director for Biodefense

Policy on the Homeland Security Council under President George W. Bush, where he was responsible for conducting the biodefense end-to-end assessment, which culminated in

drafting the National Biodefense Policy for the 21st Century. He also served as staff director for Senator Richard Burr's subcommittee on bioterrorism and public health in the 109th Congress, where he was instrumental in drafting the Pandemic and All-Hazard Preparedness Bill that was signed into law. Kadlec's past efforts cover the spectrum of medical and nonmedical biodefense issues and public health activities.

In addition to his USU degrees, Kadlec holds a B.S. from the U.S. Air Force Academy; and a M.A. in National Security Studies from Georgetown University.



Dr. Robert P. Kadlec

“Live Life Your Way”



Spacious and modern apartment homes, ranging in size from studios to 3 bedrooms, and the security of knowing assistance is there if and when you need it.

Call for a tour today!
(703) 536 - 4344





Vinson Hall
Retirement Community

Independent Living
Assisted Living
Nursing Care
Memory Support
Short-term Rehabilitation



Vinson Hall
Retirement Community
6251 Old Dominion Drive
McLean, VA 22101
703-536-4344
www.vinsonhall.org

NOW LIVE!

The **SoMdNews App** brings you the latest local, sports and community news and information from the Southern MD Newspapers, 24/7.



The free app is updated from our full website, sombdnews.com, in real time, delivering you the latest headlines. Download the app at sombdnews.com/newsapp or Scan the QRC code.



VACATION GIVEAWAY CONTEST

Register at one of these featured locations near you. Look for the entry box with a cruise ship at these local businesses and fill out an entry form by Friday, August 18, 2017.

Cruise winner will be drawn by Friday, August 25th.
Winner will be notified by phone.



Bahamas Cruise GIVEAWAY
Wednesday, July 19 -
Friday, August 18, 2017

HOW IT WORKS:

You will have the chance to register to win a 7 night Bahamas Cruise on Carnival Cruise Lines for the best available cabin sailing out of the Port of Baltimore. OR you have the chance to register to win a 5 night Bermuda Cruise on Royal Caribbean for the best available cabin sailing from Port of Baltimore available through Sept. 30, 2017.* Or to the Bahamas from Cape Canaveral, Miami or Ft Lauderdale with options available. Cruises include entertainment, some beverages and most meals. Trips based on double occupancy, space subject to availability at booking, options available - check with cruise director. Includes taxes and surcharges, 2 adults sharing same cabin stay FREE.
*(this is your quick trip option)

Vacation Contest Sponsored by:

**The Star Democrat • Kent County News • Dorchester Star
Cecil Whig • Bay Times • Times-Record • Record Observer
The Dundalk Eagle • The Calvert Recorder • The Enterprise
Maryland Independent • Andrews Gazette • The Pentagon
South Potomac Pilot • The Quaterdeck**

For more information please call 410-770-4157 or visit the following sites:
**StarDem.com • DCMilitary.com • Cecildaily.com • Dundalkeagle.com
Myeasternshoremd.com • Somdnews.com**

BALTIMORE COUNTY

We Will Beat Any Offer On Gold & Silver

POPLAR JEWELRY

1709 Poplar Place • 410-285-2687
Corner of Merritt Blvd. & Wise Ave.
MD DLLR #2715

Northside Pharmacy

Right Meds, Right Dosage, Right Away

Cecil County's Favorite Pharmacy!

707 N. Bridge Street, Elkton • 410-398-3784
NorthsidePharm.com

ACE RENTAL PLACE

- Craftsman Tools
- Gas Powered Equipment
- Tents and Party Supplies
- Lawn & Garden Equipment

- Flower and Vegetable Plants
- Benjamin Moore Paints & Deck Stains

23 WEST MAIN ST. • RISING SUN, MD
Mon.-Fri., 7AM-7PM
Sat. 7AM-5PM • Sun. 8AM-5PM
410-658-1000
www.bayacehardware.com

WILLIAMS CHEVROLET

FIND NEW ROADS

2017 Malibu LT

2017 Silverado Crew Cab LT

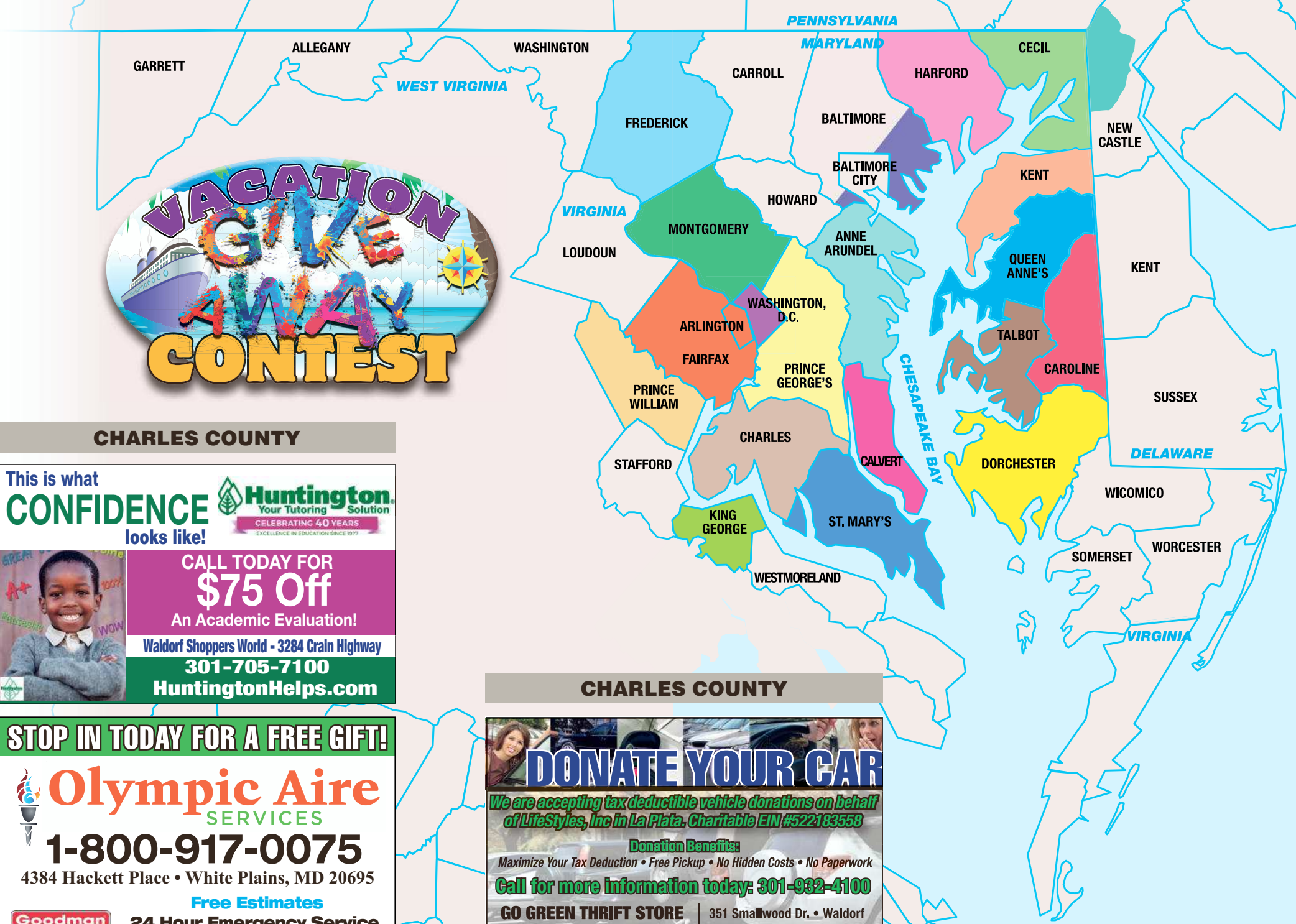
YOUR LOCAL DEALER, IN ELKTON!

Williams Chevrolet
410-398-4800 or 410-398-0000
2 Automotive Blvd.,
Elkton, MD 21921
www.WilliamsChev.com

Williams
410-398-4800 or 410-398-0000
2 Automotive Blvd.,
Elkton, MD 21921
www.WilliamsUsed.com

Williams Used Cars and Trucks
410-398-4800 or 410-398-0000
2 Automotive Blvd.,
Elkton, MD 21921
www.WilliamsUsed.com

STOP BY TO ENTER TO WIN



CAROLINE COUNTY

Choptank Supply, Inc. *BEHIND EVERY PROJECT IS A True Value.*

802 Crystal Avenue Denton, MD 21629
410-479-1233

Save 10% OFF Your Purchase
With Coupon. Expires 9/30/17. Can not be combined with any other offer.

www.choptanksupply.com
Store Hours: Monday - Friday 6:00AM - 6:00PM
Saturday 7:00AM - 2:00PM • Sunday 9:00AM - 1:00PM

DORCHESTER COUNTY

Clayton's PHARMACY

4048 Washington Street - Cambridge, Maryland

- Free delivery to home or business (see map on reverse side for areas)
- Accepts most insurances
- Charge accounts
- Compounding
- Pet medicines
- Free flavoring
- MTM services
- Free pill box organization
- Sports and herbal supplements

Locally owned and operated
Fast and friendly service

Dr. Lisa Brooks, Pharmacist

Clayton's PHARMACY
4048 Washington Street - Cambridge, Maryland 21613
Phone: 410-221-6400 • Fax: 410-221-0000
claytonpharmacy@comcast.net • www.claytonpharmacy.com
Store Hours: Mon. - Fri 8:00am - 6:00pm, Sat. 8:00am - 4:00pm

CALVERT COUNTY

WQBH
QUALITY BUILT HOMES, INC.

www.QBHI.com

105 Oakland Hall Drive, Prince Frederick, MD 20678
24307 Broad Creek Drive, Hollywood, MD 20636

CHARLES COUNTY

STOP IN TODAY FOR A FREE GIFT!

Olympic Aire SERVICES

1-800-917-0075

4384 Hackett Place • White Plains, MD 20695

Free Estimates

Goodman 24 Hour Emergency Service
Air Conditioning & Heating A+ rating with Angie's List

UNLIMITED Car Washing

Starting at \$54.95 a month

RATED THE #1 CAR WASH IN WALDORF ON yelp

KLEENWAVE AUTO SPA 155 St. Patricks Drive, Waldorf, MD 20603 (301) 638-7276
Full Service Car Wash and Detailing! www.kleenwaveautospa.com

CHARLES COUNTY

DONATE YOUR CAR

We are accepting tax deductible vehicle donations on behalf of LifeStyles, Inc in La Plata. Charitable EIN#522183558

Donation Benefits:
Maximize Your Tax Deduction • Free Pickup • No Hidden Costs • No Paperwork

Call for more information today: 301-932-4100

GO GREEN THRIFT STORE | 351 Smallwood Dr. • Waldorf
GO GREEN II | 21725 Tulagi Place • Lexington Park

GRILLE 13

173 St. Patrick's Dr. Waldorf, MD 20603
301-645-2983
grille13.com
info@grille13.com

Happy Hour Everyday from 3pm-7pm
Weds - Open Mic Night
Thurs - Karaoke
Fri & Sat - Dance Nights

PRINCE GEORGE'S COUNTY

A Page in American History

Historic Surratt House Museum

Where 19th-century culture mingles with the ghosts of the Lincoln assassination story.

9118 Brandywine Road Clinton, MD 20735
301-868-1121
www.surrattmuseum.org

Parks & Recreation M-NCPPC
live more, play more
pgparks.com

Fresh and Wholesome... From Our Farm to You!

- FRESH FRUITS
- VEGETABLES
- VEGETABLE PLANTS
- FLOWERS
- HANGING BASKETS
- MUMS

- COOKIES
- DONUTS
- PIES
- BREADS
- JAMS & JELLIES
- OLD FASHIONED CANDIES

- CIDER
- ICE CREAM
- MULCH
- FIREWOOD
- STRAW

OPEN YEAR ROUND!

MILLER FARMS DIRECT FARM MARKET

PRODUCE • BAKERY • NURSERY

10140 Piscataway Rd. Clinton, MD 20735
Main # 301-297-3370 • Bakery # 301-297-9372
www.MillerFarmsClinton.com

WRNMMC Hosts 'Stages of Healing' Performing Arts Series

Story and Photos by AJ Simmons
WRNMMC Command Communications

For the past six years, a variety of performers have visited Walter Reed National Military Medical Center (WRNMMC) from the surrounding communities to showcase their talents and enhance the healing atmosphere of the hospital as part of the "Stages of Healing" performing arts series.

Organized by U.S. Public Health Service Lt. Cmdr. (Dr.) Micah Sickel, the series allows local performers—musicians, singers, dancers and comedians, among many other styles—to put their talents on display in the lobby of WRNMMC's America building. Sickel, a child psychiatrist and the director of the "Stages of Healing" series, has worked in the Walter Reed Child and Adolescent Psychiatric Service since 2009.

"We basically did it to bring the performing arts to the hospital, because we felt like it's really a vital component of a healing environment," said Sickel. "We've had all sorts of performing arts here. We've had dance companies; we've had spoken word and poetry; we've had theater performance."

Sickel explained that when the "Stages of Healing" performance series began in 2011, the idea was to highlight the deployment experience of many of the service members at WRNMMC. This experience was presented at that time through plays such as "Welcome Home, Jenny Sutter" and "Reentry" being performed at the hospital for patients, visitors and staff.

Sickel elaborated that this early focus of the performance series helped it to develop into a broader scope: "We thought it was important both for the non-active duty—our civilians and contractors—as well as active duty to see this experience in another venue [and] to see a different telling of this experience. ['Stages of Healing'] kind of blossomed from there."

Sickel credited K.J. Sanchez, writer and director of "Reentry," with the best explanation of the ultimate purpose of "Stages of Healing," in his opinion. He said that it brings together "disparate populations" at the hospital—contractors, civilians, active duty service members, retirees—and it gathers them around a shared experience.

"And that's really what the arts do," said Sickel. "They bring people together around a shared experience so it propels them to dialogue on issues that may be very difficult." He went on to say, "Arts make people think in a different manner, and I think that's key."



Jason Masi, a singer/songwriter who performs a wide variety of genres, explained that he feels live music can help to establish a healing environment at the hospital.

As the "Stages of Healing" performing arts series has developed, it has also become more widely-seen throughout the hospital. Today, musicians, singers, dancers, poets and many more visit WRNMMC almost every day to perform.

In the past year, performers in the "Stages of Healing" series have included the following (among others): the National Symphony Orchestra, the Wolf Trap Opera Company, Maureen Andary, Wytold, Karen Ashbrook, Ken Wenzel, Diane Monash, Torrey B, Stan Holland and DJ Diamond, Jeff Carmella and Alexander Strachan.

Billy Thompson, a blues and R&B singer/guitarist, is among the artists who perform weekly in the "Stages of Healing" series. He explained that, as the adopted son of a retired marine Lieutenant Colonel, he feels that performing is a way for him to give back to the military for its support of his family.

"This helps me kind of come full circle and give back something positive," said Thompson. "I really do get a lot of positives. I see things [at WRNMMC] that most people should see, and I think it can bring you to another sense of self."

Thompson elaborated that he feels the "Stages of Healing" performances help to relieve some of the natural pain and anxiety experienced by the patients and their families.

Another of the many performers featured in the performance series is Jason Masi, a singer/songwriter who



Blues and R&B guitarist Billy Thompson was drawn to perform at Walter Reed Bethesda to offer a form of comfort to service members and their families, he said.

draws influences from the genres of blues, pop, soul and Americana.

When asked about the healing nature of music in a hospital environment, Masi explained: "It's a neat thing to see. As you play more and more songs, it actually does have an effect on people's moods. For me, it's just really rewarding. It affects my mood too. I feel better from playing music. That sentiment and that feeling kind of spread to the people I play for."

The effects of the performing arts on mental well-being are more than just a feeling experienced by the performers though. While providing WRNMMC with a variety of art, Sickel and his department have also used the "Stages of Healing" series as a means to research the impact of arts on mental well-being.

Sickel explained that the original study involved questioning audience members about how they felt prior to and after a performance by using relatable terms such as uplifted, relaxed, inspired for positive; terrible, stressed, worried for negative; and okay, fine, neutral for neutral.

"We called the positive terms a plus one and the negative terms a minus one and then the neutral, a zero," said

Sickel. "What we found was that after 15 to 30 minutes of performance... it moved those mood states up a plus one. That's a pretty nice result, that you don't have to have too much exposure to one of these performances to basically feel better."

Sickel pointed out that this study was intended to gather preliminary results for the efficacy of the concept. His department has since undertaken a more intricate study to investigate the effects of the performing arts on mental well-being by examining eight different "mood state components."

"This is looking at music really as a therapeutic modality," explained Sickel. "We are hypothesizing is that if you listen to music—and if it's a kind of music that you're in tune with—then you're going to get something positive out of it, whether it's just as a distractor into your busy day or if it invokes a certain memory. Whatever it is, the idea is that it will set your mind at ease, put a smile on your face or something of that nature."

He said that by presenting the performance series, WRNMMC is able

NPDS Ceremony Honors 19 in Class of 2017 Grads

Story and Photo by HM2 Ellen Gillen
NMPDC Administration Department

On June 9th 2017, the Naval Postgraduate Dental School (NPDS), Navy Medicine Professional Development Center (NMPDC), held their graduation ceremony for 17 dental residents and 2 dental interns at Memorial Auditorium, Walter Reed National Military Medical Center.

Rear Adm. Gayle D. Shaffer, Chief of the Navy Dental Corps, gave the commencement speech, recalling her own graduation day, the journey, and milestones of professionalism. The President of the Uniformed Services University of Health Sciences, Dr. Richard W. Thomas, presented a Master of Science Degree in Oral Biology conferred by the University's Postgraduate Dental College to the 17 residents.

The Dean of NPDS, Capt. Sean Meehan announced the Civism, Faculty, and Residents Awards. Mrs. Ann Leahy received the Civism award, culminating 43 years of dedicated service. The Faculty Award for teaching excellence went to Cmdr. Matthew Miller. The Research Awards are awarded by the International College of Dentists to residents who have significantly advanced the science of dentistry and were presented to Lt. Michael Yang (1st place), Lt. Cmdr. Preston Criddle (2nd place), and Lt. Cmdr. Joshua Treesh (3rd place). The Dean's Award for



The Naval Postgraduate Dental School class of 2017 presents as graduates to the audience of family, friends and colleagues.

Academic Excellence went to Lt. Elise Hurrell. The Chief of the Navy Dental Corps' Award for Excellence went to Lt. Michael Yang. Family and friends looked on with pride as the NPDS Class of 2017 turned and were presented as graduates.

NMPDC encompasses NPDS under its command umbrella, which is the only DoD-centralized site for postgraduate dental education and conducts dental specialty training in their clinics located at NSA Bethesda. All specialty training programs at NPDS are fully accredited by the Commission on Dental Accreditation,

and typically graduates between 20-25 dental officers per year with specialty board eligible training in Endodontics, Periodontics, Prosthodontics, Orofacial Pain, Oral and Maxillofacial Pathology, Comprehensive Dentistry and a one-year Advanced Education in General Dentistry Program.

The graduates included Lt. Cmdr. Joshua Treesh, four-year prosthodontics residency in maxillofacial prosthodontics; Lt. Cmdr. Rachel Dulebohn, Lt. Cmdr. Christopher Ortiz and Lt. Michael Yang, three-year residency in periodontics; Lt. Cmdr. Joseph

Muckenthaler, Lt. Geoffrey Ward and Dr. Diana Cole, three-year residency in prosthodontics; Lt. Cmdr. Brock Johnson, Lt. Cmdr. Preston Criddle, three-year residency in orofacial pain; Lt. Cmdr. Doris Lam, Lt. Cmdr. Jimmy Ku, Lt. Cmdr. Wesley Weibel and Capt. William Belknap, two-year residency in comprehensive dentistry; Lt. Cmdr. Christopher Bradley, Lt. Kelvin Chou, Lt. Seth Perrins and Lt. William Walker, two-year residency in endodontics; and Lt. Michael Cvelich and Lt. Sarah Ermoshkin, one-Year residency in advanced education in general dentistry.



PHOTO BY AJ SIMMONS

Based out of Vienna, Virginia, students of the Wolf Trap Opera Company have performed in the "Stages of Healing" series on several occasions.

ARTS

From
Page 8

to offer patients and visitors a respite from their stresses or concerns. "If I can have someone with a significant disability or someone who's been through a lot in life, and they're whooping and cheering for a performance, I'm very proud of that moment. I want them to feel good about themselves. I don't need them to go through the hospital being reminded of why they're there."

Sickel recalled a comment card that was submitted to the Patient Relations Department regarding the "Stages of Healing" performance series from the mother of a young patient: "Typically her daughter would receive a shot... and would be very tearful and upset for obvious reasons. The comment was how her daughter went to the nurse [after seeing a performer in the lobby] and all she could talk about while the nurse was preparing her shot was the

performance and the music she had just heard."

In the future, Sickel hopes to see a performing arts series such as "Stages of Healing" being adopted by other military treatment facilities to promote the mental well-being of their patients, visitors and staff.

"I'd like to see this incorporated into the fabric of the hospital," said Sickel. "That would mean a lot. That would mean that we've made it, that we've been accepted."

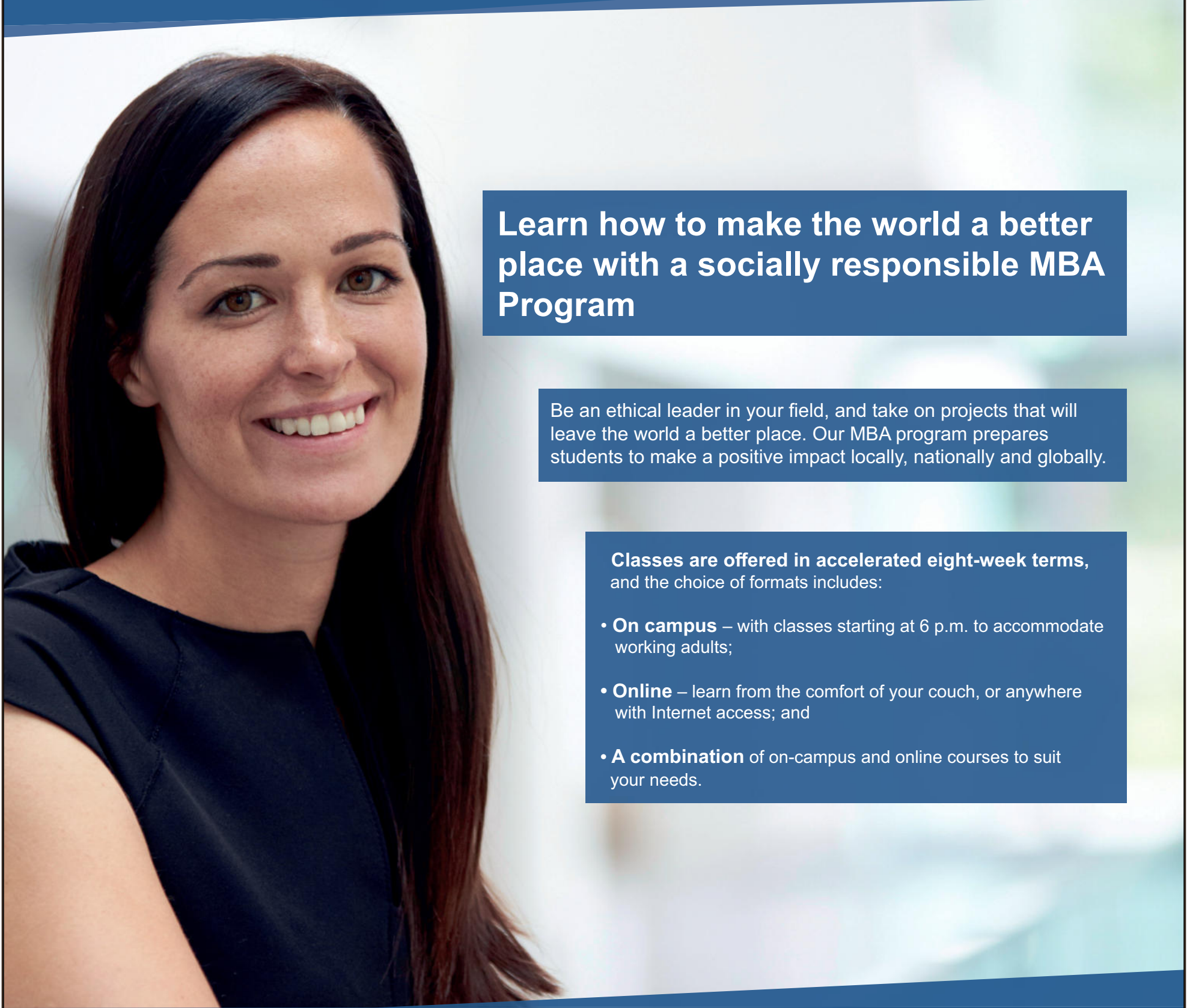
Sickel encouraged those who enjoy the performance series to let leadership know what kind of positives it gives to their day—whether they feel it's a useful entity for healing or if they simply enjoy the performances as a passerby.

For more information on "Stages of Healing," including upcoming performers or a performance schedule, contact Micah Sickel at micah.j.sickel.mil@mail.mil or the Child and Adolescent Behavioral Health Clinic at (301) 295-0576.



WASHINGTON
ADVENTIST UNIVERSITY

School of Graduate and Professional Studies



Learn how to make the world a better place with a socially responsible MBA Program

Be an ethical leader in your field, and take on projects that will leave the world a better place. Our MBA program prepares students to make a positive impact locally, nationally and globally.

Classes are offered in accelerated eight-week terms, and the choice of formats includes:

- **On campus** – with classes starting at 6 p.m. to accommodate working adults;
- **Online** – learn from the comfort of your couch, or anywhere with Internet access; and
- **A combination** of on-campus and online courses to suit your needs.

Fall Classes Start The Week Of August 27-31, 2017

Call Today!

(301-891-4092)

www.wau.edu/sgps

Washington Adventist University, 7600 Flower Avenue, Takoma Park, Maryland 20912

SOCIAL MEDIA

NSA BETHESDA

/mwrbethesda

@navymwrbethesda

@mwrbethesda

www.navymwrbethesda.com

DOWNLOAD OUR MOBILE APPS

Navy Life

NavyMWR NDW

NFAAS

Navy Fitness

MWR

CNIC

FLEET • FIGHTER • FAMILY

Morale Welfare & Recreation (MWR)

7/2310 amArtscape Festival

7/2411:30 pmDeadline to register for Wine and Weave

7/267-9:30 pmBoard game night in the Bowling Center

7/2910:15 amAir and Space Museum Trip

8/24:30-7:30 pmWine and Weave

8/58 amOcean City Trip

8/95:30 pmNationals vs. Marlins Game

8/106 pmDeadline to register for Warrior Mud Run

8/1210 amWarrior Mud Run

8/175-7 pmWine and Paint Night with Uncorkd

8/191 amCedar Point Trip via charter bus

FOR DETAILS VISIT: www.Navymwrbethesda.eventbrite.com

Wine and Weave: Patriot Wall Basket-Wednesday, August 24:30 pm-7:30 pm

Open to all with military base access. \$35 Class fee includes instruction, use of tools, and all supplies needed to make the basket. Register with a friend for \$2 off per basket. Liberty Price \$18*. Register before July 24! You must be 21 with ID to consume alcohol. Don't delay, class size is limited. Class is held at Below Deck, NGIS Bldg.64. Navymwrbethesda.eventbrite.com

Warrior MUD RUN-Saturday, August 1210 am

his is a fun filled 3-4 Mile course filled with a variety of obstacles. Race around base and concur the obstacles to make your way to the finish. Open to all ages and fitness levels. Come join us for some fun messy fitness. Free Race Tank for the first 100 participants to register!! Free for Active Duty (still must register for race). \$10 for all other participants. Competitors must register by August 10. warriormudrun2017.eventbrite.com

Liberty Center, Bldg. 11

*Liberty patrons include Single Service members E1-E6, WII, NMA & Geo-Bachelors E1-E9
PH 301-319-8431
Virtual Gaming, Snacks, Movies, Computers, Pool Table
FOR DETAILS VISIT: Navymwrbethesda.eventbrite.com

7/273:30 pm FREE*
Liberty Block Party BBQ

8/7, 8/14, 8/215:30 pm FREE*
Intro to Summertime Grilling At the USO

8/129 am FREE*
Trip to the National Museum of the American Indian

8/156 pm FREE*
Bowling Night

(*Liberty Only)

Apartment

Unfurnished

Equal Housing

All Real Estate advertised here-in is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.

EQUAL HOUSING OPPORTUNITY

Classifieds

Call 301-645-0900

BUYSELLRENTHIRE

TRADESHOPSWAPFIND

TO PLACE YOUR AD CALL 1-301-645-0900

HURRY, OFFER EXPIRES JULY 31st!

BUY SHINGLES FOR THE FRONT SIDE OF YOUR ROOF
GET HALF OFF
 THE SHINGLES ON THE BACK SIDE!

+ A **FREE UPGRADE** to HIGH DEFINITION
 ARCHITECTURAL SHINGLES.

**HONOR
 YOUR ROOF
 with
 VALOR**

MHIC# 130246

**CALL NOW FOR A
 FREE ESTIMATE**

240-654-0900

**VALOR
 ROOFING**

**OPERATION
 SECOND CHANCE**
 Helping Heroes **Move On**

GAF Certified
 Weather Stopper Roofing Contractor

**BBB ACCREDITED
 BUSINESS**

A+

Offer based on 20 squares of roofing with free upgrade to Timberline HD architectural shingles. Cannot be combined with any other offer.